



INTRODUCTION TO BICYCLE RACING 2010 APPLICATION

Please complete the following information in full. For any questions, contact Scott Brooks at Scott.D.Brooks@gmail.com or by telephone (evenings) at 978-496-1445.

<u>Type of Registration (select one):</u>	<u>Amount</u>	<u>Total</u>
I don't have a 2010 USA Cycling License	\$45.00	_____
I have a 2010 USA Cycling License	\$25.00	_____
Jr racer (must be 18 or younger by Dec 31, 2010)	\$25.00	_____

Contact Scott (contact info above) for questions about the USA Cycling License. See also www.usacycling.org.

Please note that a membership to the Northeast Bicycle Club is NOT included.
For membership information, visit: www.northeastbicycleclub.org.

Make check payable to "Northeast Bicycle Club Inc." - mail check and application by March 25, 2010 to:

Scott Brooks
15 4th Street
Westford, MA 01886

Remember the clinic will probably fill up well before the March 25 deadline, so register early!
We will send a confirmation letter with additional details once we receive your registration.

Applicant Information:

Name _____ Gender _____ Date of Birth ___/___/___

Street and Number _____

City, State, and Zip Code _____

Telephone Number (_____) _____ E-Mail Address _____

If Applicable:

USAC License Number _____ Category _____ Club _____

*****IMPORTANT***You will be required to fill out a one day license form (unless you currently have a 2010 USA Cycling License) for each of the riding sessions, I will have copies at the classroom sessions as well as the riding sessions.**

Please fill out the questionnaire on the next page

INTRODUCTION TO BICYCLE RACING 2010 RIDER QUESTIONNAIRE

Please answer all questions to the best of your knowledge; this information will help us form groups with similar ability levels. – Please be specific & answer each question as truthfully as possible, we will use this information to assemble the riding groups.

1. How did you hear about this program?

2. Are you comfortable riding in a group (more than 3)?

3. Have you ever raced?

4. If so; # of times? _____Road _____Mountain Bike _____Triathlon/Duathlon _____Time Trial

5. On a typical ride, how long or far do you tend to go? What is the approximate average speed of these rides? _____miles or _____ hours at _____ mph average

6. What type of riding do you typically do? (Select all that apply)
Commuting_____ Casual/fun rides_____ Weekend Warrior_____ Club Rides_____ Hammer-fests_____

7. Which statement mostly describes your riding style:
____I ride by myself but like to keep a steady and even pace...
____I can keep up with a group on the flats & down-hills, but as soon as the road tilts up, I'm out the back door...
____I'm able to keep up with the group, but sometimes I'm near my limit
____I like to ride as hard & fast as I can all the time...

Remember that the goal of this clinic is to learn the skills of bike racing, these are not training rides, but a minimal level of fitness is required. We will do our best to group you with comparable riders. If you feel you are not matched up well, we have the ability to switch and swap as required.

9. What would you like to get out of this clinic?

10. Do you have racing goals for this year?

INTRODUCTION TO BICYCLE RACING 2010 CLINIC INFORMATION

Clinic Schedule

Evening classroom sessions (2):

Location: Burlington Public Library, Burlington, MA

Dates: Monday March 22 and Monday March 29, 2010

Time: 7:00pm - 8:30pm

Agenda: The classroom sessions are meant to be fairly informal, to discuss various aspects of bicycle road racing, including training, preparation, equipment, tactics, rules, and the New England racing scene to help you get started.

Saturday morning riding sessions (4):

Location: (Ft.) Devens, Ayer, MA

Dates: April 3, April 10, April 17 and April 24, 2010

Time: 10am - 1pm (be ready to ride at 10am!)

Agenda: The riding sessions are 3 hours long and take place RAIN or SHINE. Please bring extra clothing. We're never far from the parking lot so we can always return to don or shed clothing, but please come prepared for anything! You should bring fluid and food for a ride of 3 hours with occasional breaks. Your bicycle should be in good working condition, and an ANSI or Snell approved helmet is mandatory. The program is designed as a progressive program with each new skill building upon the foundation of the previous skills, so it may be difficult to make up missed sessions.

Graduation exercise:

Location: Wells Avenue Racing series, Newton, MA

Date: Sunday, May 2, 2010

Time: 9:00am** Race Start – 8:00am Arrival time for registration & warm-up

Entrance Fee: \$11 (Race entry fees not covered by NEBC Introduction to Bicycle Racing registration)

Agenda: Although listed as a USA Cycling Race, the Wells Ave. race is organized and run like a regular race. If you do not have a USA Cycling annual license, a one-day license can be purchased on site (in addition to the regular entry fee). You should arrive at least an hour early to register and warm up. For more information, see:

<http://www.bostonroadclub.com>

**Wells Avenue Race date & time is tentative – final schedule to be announced at a later date.